



Cheesy Chorizo Topped Beef Enchiladas with Wedges, Smashed Avocado and Soured Cream

31

Street Food 40-50 Minutes • Mild Spice • 2 of your 5 a day



Garlic Clove



Mature Cheddar Cheese



Black Beans



Potatoes



Beef Mince



Mexican Style Spice Mix



Tomato Puree



Red Wine Stock Paste



Super Soft Tortilla with Whole Wheat



Chorizo



Avocado



Soured Cream

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, grater, sieve, bowl, baking tray, frying pan and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Mature Cheddar Cheese** (7)	90g	120g	150g
Black Beans	1 carton	1½ cartons	2 cartons
Potatoes	450g	700g	900g
Beef Mince**	240g	360g	480g
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	60g	60g
Red Wine Stock Paste (14)	28g	42g	56g
Super Soft Tortilla with Whole Wheat (13)	4	6	8
Chorizo**	60g	90g	120g
Avocado	1	1½	2
Soured Cream** (7)	75g	150g	150g

Pantry	2P	3P	4P
Water for the Beef*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	741g	100g
Energy (kJ/kcal)	5531 /1322	746 /178
Fat (g)	74.1	10.0
Sat. Fat (g)	30.7	4.2
Carbohydrate (g)	100.0	13.5
Sugars (g)	11.9	1.6
Protein (g)	67.0	9.0
Salt (g)	6.14	0.83

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk (13) Cereals containing gluten (14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.
Peel and grate the **garlic** (or use a garlic press).
Grate the **cheese**.

Drain and rinse the **black beans** in a sieve and pop **half** of them into a bowl. Mash with the back of a fork until broken up, then add the **whole beans** to the bowl and set aside.



Bring on the Beans

Add the **water for the beef** (see pantry for amount), **black beans** (whole and mashed) and **red wine stock paste** to the pan. Bring to the boil, then lower the heat and simmer, stirring occasionally, until thickened, 10-12 mins.

Once thickened, taste and season with **salt** and **pepper** if needed. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*



Cook the Wedges

Chop the **potatoes** into 2cm wide wedges (no need to peel) and pop them onto a large baking tray.
Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** *Use two baking trays if necessary.*

When your oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



Bake your Enchiladas

Lay the **tortillas** onto a board (2 per person).
Spoon the **beef mixture** down the centre of each one, then roll them up to enclose the **filling**.

Drizzle a little **oil** over the bottom of an ovenproof dish, then lay in the **wraps**. Pack them snugly, side by side, with the folded edge underneath so they don't unroll.

Scatter over the **cheese** and **chorizo**. Bake on the top shelf of your oven until golden, 8-10 mins.



Fry and Spice the Mince

Meanwhile, heat a large frying pan on medium-high heat (no oil).

Once hot, add the **beef mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

IMPORTANT: *Wash your hands and equipment after handling raw mince.*

Stir in the **Mexican style spice mix**, **garlic** and **tomato puree**, then cook for 1 min.



Finish and Serve

Meanwhile, halve the **avocado** and remove the stone. Use a spoon to scoop the flesh out into a bowl and mash with a fork. Season with **salt** and **pepper**, then mix together.

When ready, serve your **enchiladas** with the **wedges**, **smashed avo** and **soured cream** on the side.

Enjoy!